REPORT

OF THE

NATIONAL HEALTH SOCIETY.

1891.

1892.

NATIONAL HEALTH SOCIETY

Nineteenth Annual Report,

READ AT THE

GENERAL MEETING OF THE SOCIETY,

APRIL, 1892.

London:
OFFICE OF THE NATIONAL HEALTH SOCIETY,
53, Berners Street, W.

1892.

NATIONAL HEALTH SOCIETY.

1890-1891.

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Subscriptions and Donations may be paid to the Secretary at the Office, 53, Berners Street, Oxford Street, London, or to the account of the Treasurer, at the London and Westminster Bank (Oxford Street), London. Post Office Orders to be made payable in the name of Fay Lankester, at the Post Office, Mortimer Street, Middlesex Hospital, W.

THE OFFICES OF THE SOCIETY AT 53, BERNERS STREET, W., ARE OPEN EVERY DAY, EXCEPT SATURDAY, FROM 11 TO 5.

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Miss HENRIETTA KENEALY (late of St. Bartholomew's Hospital).
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Miss MARY HARRISON (H.M. Government Inspectress of Cookery).
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Honorary Examiners.

LANGDON DOWN, Esq., M.D., F.R.C.P.
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REPORT.

THE Committee of the National Health Society have this year to lay before their friends and supporters the nineteenth Annual Report of the Society's work.

The usual Courses of Lectures on "Sick Nursing," "First Aid to Injured," "Domestic and Personal Hygiene," and "Elementary Physiology," have been given during the year by the regular staff of lecturers, as follows:

CENTRE.	SUBJECT.	ORGANIZED BY	LECTURER.
Ledbury	"Sick Nursing".	Lady Henry Somerset	Miss Annesley Kencaly.
Post Office, Fore St. ..	,, ,,	Secretary	,, ,, ,,
,, ,, Queen Victoria St.	,, ,,	,, ...	,, ,, ,,
Sutton	,, ,,		,, ,, ,,
Chelmsford	,, ,,	Miss Edith Ridley ..	,, ,, ,,
Southgate	,, ,,	Miss Mabel Burrows..	,, ,, ,,
Tring	,, ,,	Mrs. Cyril Flower ..	,, ,, ,,
Woodford	,, ,,		,, ,, ,,
Salvation Army Hall, Hoxton	,, ,,	Lady Henry Somerset	Sister Katharine.
Charles Street, S.W..	,, ,,	The Marchioness of Waterford	,, ,,
Stanhope Gardens ..	,, ,,	Miss Somers Cocks ..	,, ,,
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North Walsham ..	,, ,,	Mrs. John Wilkinson .	Miss Homersham.
Horstead Hall ..	,, ,,	Hon. Lady Birkbeck	,, ,,
Norwich	,, ,,	Miss Lucy Bignold ..	,, ,,
Queen's Gardens ..	,, ,,	Miss Barber	,, ,,
Wanstead	,, ,,	Miss Nancie Soper ..	,, ,,
Norbiton	,, ,,	Mrs. Robert Norton ..	,, ,,
Wimbledon	,, ,, (2nd course) ..	Miss Wilts	,, ,,
St. James's Square ..	,, ,,	Secretary	,, ,,
Mildmay Park ..	,, ,,	,, ...	,, ,,
East Sheen	"First Aid" ..	Miss Chadwick ..	Mr. John Gay.
Herne Hill	,, ,, ..	Miss Ella Schmidt ..	Dr. H. Willingham Gell.
Rutland Gate	,, ,, ..	Mrs. Sterling	Mr. Owen Lankester.
Committee Room, Office	,, ,, ..	Secretary	,, ,, ,,
Southgate	,, ,, ..	Miss Mabel Burrows..	,, ,, ,,
Canonbury	"Hygiene" ..	Mrs. Havergal Shaw..	,, ,, ,,
St. Bartholomew's Schools	,, ..	Secretary	,, ,, ,,
Ham Common ..	,, ..	Miss Anna Buckland .	,, ,, ,,
Committee Room, Office	,, ..	Secretary	,, ,, ,,
East Sheen	,, ..	Miss Chadwick ..	Mr. John Gay.
Clapham Common ..	,, ..	Miss Jeanie Andrews	,, ,, ,,
Amhurst Park ..	,, ..	Mrs. Hooper	Miss M. E. Scott.
Putney	"Physiology" ..	Miss Redpath	Mr. Owen Lankester.

Hearty thanks are due to these ladies, who have so actively assisted the work of the Society by organizing these lectures, and also to those who have so kindly lent their houses for this purpose, as well as for the examinations held at the conclusion of each course.

Nearly 1,500 students have attended these courses of lectures during the year, proving in a highly satisfactory manner that the interest of former years taken in these classes is still maintained.

MEDAL EXAMINATION.—The third examination for the Medal of the Society was held on December 19 by the usual examiners, Dr. H. Willingham Gell, M.A., M.B. Oxon., Mr. John Gay, M.R.C.S., L.R.C.P., and Mr. Owen Lankester, M.R.C.S., for which eight ladies entered, the successful ones being Miss Amy Shepherd, Miss Irene Petrie, Miss Rebecca King Sandell, Miss Georgina Robertson, Miss Alice M. S. Rendell, and Miss Mary Phœbe Parry, all of whom will receive their SILVER MEDALS at the public meeting, which it is hoped will be held again next May, by the kindness of his Grace the Duke of Westminster, in Grosvenor House.

COUNTY COUNCIL TECHNICAL EDUCATION. —The sphere of the Society's work has been very widely extended during the past year by application having been made from many of the County Councils for lady teachers to give series of "Homely Talks" to members of the working class throughout the counties, in connection with the scheme for Technical Education. The subjects include "Home Nursing," "Laws of Health," "First Aid in Accidents," and "Artisan Cookery."

The first application was made by Mr. C. T. D. Acland, M.P., in April last, who succeeded in obtaining the services of fifteen of the lady teachers of the Society.

For three months these lecturers made a tour through the towns and villages of Devonshire, where a most perfect organization was arranged for their visits in rotation to enlighten the villages, whose local secretary—generally the clergyman of the village—had applied to the Central Secretary at Exeter for their services. The whole scheme was carried out most successfully, with the greatest enthusiasm, by local secretaries, teachers, and village audiences.

Since this first successful attempt many other counties have applied for similar courses of "Homely Talks," including Surrey, Norfolk, Suffolk, Lincoln, Essex, Cambridge, Kent and Buckingham, the work having been carried out in every instance with increasing success by the Society's staff of lady teachers, and it is greatly hoped it may now be permanently continued throughout England. The Secretary will be glad to supply all further particulars of this work, including terms, etc., to persons anxious to organize such teaching in their neighbourhoods.

TRAINING TEACHERS. — The Society, finding that more applications were made than could possibly be supplied by the somewhat limited staff of the Society's lecturers, arranged during the winter courses of *training* lectures for intending teachers of "Homely Talks." The following rules were drawn up, showing the qualifications considered necessary before a lady could be received as a student or intending "Homely Talker" for country lectures amongst the poor, preference being always given to those who had already trained as hospital nurses, deaconesses, or were accustomed to work amongst the poor.

QUALIFICATIONS.—"Anyone wishing to enter on "the course of training for enabling her to go up for

"the Society's examination, and to qualify for the post of "Country Lecturer amongst the poor, must be an "educated gentlewoman, over twenty-five years of age, "and must have undergone Nursing Training at a "hospital or infirmary, and the Society's course of In-"structions for Teachers at the Society's Offices, 53, "Berners Street, on House Sanitation, Hygiene, Elemen-"tary Anatomy and Physiology, Home Nursing and "First Aid. They will also be required to pass the "Society's Examinations (theoretical and practical)."

The courses of instruction for intending teachers were arranged as follows, and the examination on the first three subjects (which have already been concluded) was held on December 22, when the following ladies succeeded in satisfying the examiners: Miss Dunbar, Miss Webb, Miss White, Miss Morgan-Brown, Miss T. G. Smith, Miss Baker, Miss Morgan, Miss Alice M. S. Rendell, Mrs. Kemp, Miss Pridham, Miss Sills, and Miss Silverlock.

PROGRAMME OF INSTRUCTION.

October—December, 1891.

Sanitation. By R. Thorne Thorne, M.B. Lond., F.R.C.P., F.R.S., Medical Officer Local Government Board, Lecturer on Public Health, St. Bartholomew's Hospital.

(Including Practical Instruction on Sanitary Fittings, as applied to Houses, etc.)

Domestic and Personal Hygiene. By A. T. Schofield, M.D., M.R.C.S. Eng., L.R.C.P. Lond.

A Course of Lectures, commencing Nov. 10th, at 5 p.m.

Elementary Anatomy and Physiology. By John Gay, M.R.C.S. Eng., L.R.C.P. Lond. (Lecturer to the National Health Society).

A Course of Lectures, commencing Oct. 16th, at 5 p.m.

JANUARY—MARCH, 1892.

Nursing. By Sister Katherine, late of St. Bartholomew's Hospital.

A Course of Lectures on Tuesdays, at 5 p.m., during the Course of Practical Instruction at the Hospital. (Dates to be announced.)

Accidents and Disease. By Owen Lankester, M.R.C.S. Eng. (Lecturer to the National Health Society).

A Course of Lectures on the Immediate Treatment of Accidents and Disease, including Practical Instruction at a Hospital, on Tuesdays, at 5 p.m. (Dates to be announced.)

The above Lectures will take place at 53, Berners Street, and will be of a specially practical nature, adapted to the requirements of the proposed Lectureships.

A Special Certificate will be given to successful candidates at the Examination.

Course of Nursing Training at a Hospital or Infirmary.

Fee for the above Course, £10 10s., including Examination.

This Course will not be considered as qualifying Candidates to give the Society's Technical Lectures on "Nursing," "First Aid," "Hygiene," and "Physiology," unless they have special knowledge in any of these subjects.

DR. A. T. SCHOFIELD'S LECTURES TO LADIES ON DOMESTIC AND PERSONAL HYGIENE.—These lectures have been resumed at various centres, and have been well attended, a large average from each class entering for the Society's examination held at the conclusion of each course.

FREE LECTURES AND "HOMELY TALKS."—The demands for these free lectures and practical "Talks" have been as numerous as ever, and it is only the want of funds that has prevented the Secretary from meeting all the applications received for this important

branch of the Society's work, which is so much needed in the poor districts of London and the suburbs.

Many hundreds of these lectures have, however, been given to the mothers belonging to Mothers' Meetings aud Unions, as well as to the members of the Y.W.C.A., Girls' Friendly Societies, and Working Girls and Boys' Guilds, etc., at Earlsfield, East Sheen, Norwich, Gloucester, Woking, Danny-Hassocks, Wokingham, Chiswick, Plumstead, the Chelsea Barracks (for the soldiers' wives), Cobham, Kingston-on-Thames, Highgate, Brompton, Southgate, Nine Elms, Forest Gate, Ratcliffe, Blackfriars, Toynbee Hall, Lambeth, and elsewhere, on such subjects as "Home Nursing," "Washing and Dressing," "How to Keep the Home Healthy and Happy," "What to Do until the Doctor Comes in Cases of Accidents, as Burns, Scalds," etc., "The Prevention of the Spread of Fevers," "How to Disinfect," "Words to Mothers, and How to Rear their Infants," "Food and Cookery, with practical demonstrations, for the Working Classes," etc.

MISS FLORENCE STACPOOLE has given numbers of her most popular "Talks to Mothers." In Exeter she delivered a series to the members of the Women's Co-operative Society, and so greatly were they appreciated that the women of their own accord collected by subscriptions amongst themselves the sum of half a guinea, which they sent to the Society towards giving other poor women of their own class similar teaching.

MRS. DICKSON, MISS ROBERTSON, and MISS STURGESS (Medallists of the Society) have been as fully engaged as in previous years in spreading the

knowledge they themselves have acquired at the classes of the Society, amongst the poor.

MISS PARRY is now engaged in giving the County Council Technical Lectures, in which work she is proving herself of great value to the Society. She has also been most successful in her "Ambulance" Classes for young people. She taught a large class of working boys and girls in Ratcliffe, E., who had lately left school. After each lecture practical demonstrations were given in bandaging, the putting on splints, applying tourniquets, etc., and at the conclusion an examination was held, the candidates acquitting themselves most creditably.

These lectures and "Homely Talks" can always be had on application to the Secretary. Members of the Society are entitled to a certain number free of charge for the poor of their neighbourhood.

MEETING AT GROSVENOR HOUSE.—To the kindness of his Grace the Duke of Westminster the Society is again indebted for being allowed once more to hold the annual meeting for the Distribution of the Medals and Certificates in the Rubens Gallery, Grosvenor House. The meeting, which took place on Saturday, May 9, was as ever a complete success, and her Grace the Duchess of Westminster, as in former years, presented the Medals and Certificates to the successful candidates, who, on this occasion, presented themselves in such large numbers that, together with their friends and the members of the Society, the beautiful rooms were filled to overflowing. The Silver Medal of the Society was bestowed upon the following ladies: Miss Emily Peascod, Miss Emmie Sturgess, Miss Mary Delcomyn, Miss Susan Sills, Miss Mary R. Pridham, Mrs. Bell, Miss Edith M. Martyn, Miss Ella

Lambert, Miss Charlotte Williams, and Miss Florence Bland.

THE DUKE OF WESTMINSTER took the chair and amongst those who spoke on the occasion were Dr. Thorne Thorne, F.R.S., and the Rev. C. J. Ridgeway.

DONATION FROM THE DUKE OF WESTMINSTER.—Most hearty and sincere thanks are due to his Grace, who at the conclusion of the meeting announced his intention of giving a donation of £100 to the Society as an encouragement for the amount of useful work done and accomplished during the year. Later on many of the leading members of the Society followed his example by doubling their subscriptions, for which help the Society is greatly indebted.

LONDON SCHOOL BOARD.—There has been no examination for the Society's prizes during this year.

LIVERPOOL SCHOOL BOARD.—The examination in "Animal Physiology" for the Society's prizes was held in December, on which occasion 16 schools presented candidates, as against 14 last year. Excluding those disqualified, 90 girls were examined, an increase of 14 on the previous year. Of these 86 passed and 4 failed. The examiners report that "on the whole the results were distinctly good, and compare favourably with those of former years."

NORTH LONDON COLLEGIATE SCHOOL FOR GIRLS.—The Society's Prizes for "Laws of Health" and Domestic Economy for the year 1891 were presented as follows:

1st prize.	HELEN E. RYDER	"Book of Health."
2nd prize.	CHRISTIAN L. COOK	"Book of Health."
3rd prize.	ELEANOR A. WELCH	"Book of Health."
4th prize.	MABEL WIMBUSH	"Domestic Dictionary."

THE METROPOLITAN PUBLIC GARDENS ASSOCIATION.—This very active body, which is affiliated with the National Health Society, laid out five recreation grounds in 1891, opened two gardens temporarily, and was instrumental in acquiring seven open spaces for public use, made grants of seats for three thoroughfares and five spaces, planted trees in streets in nine districts, held classes in gymnastics in three grounds every Saturday during the year, erected two drinking-fountains, and successfully opposed two Bills in Parliament. There is no lack of energy on the part of those who are engaged in the work, and its results are becoming so well known that the advice of the Secretary upon open space matters is sought for from all parts of the United Kingdom and from foreign countries. The work "is one whose importance can hardly be over-estimated, because it is one for which the necessity is ever increasing." Funds are much needed in order to carry out the various schemes on hand, for which permission has been obtained, and all who sympathise with the efforts of the Association should communicate with the Earl of Meath, the Chairman, or with the Secretary, at 83, Lancaster Gate, W.

WANTED, to carry on the work of the Society—
More members, subscribers of £1 1s. 0d. annually.

LADIES who will act as hon. secs. in their own neighbourhoods, for the organization of lectures in drawing-rooms and elsewhere.

VOLUNTARY LECTURERS, who will give gratuitous teaching amongst the poor, under the auspices of the Society, who will provide all apparatus and pay travelling expenses.

GIFTS OF DIAGRAMS, models, etc., relating to subjects taught by the Society—Hygiene, Physiology, First Aid, Home Nursing—and BOOKS for the lending library bearing on these subjects.

NEW MEMBERS FOR 1891.

One Hundred and Twenty new members have joined the Society during the year. More members are *urgently needed* to help the sanitary mission work *amongst the poor*, which is so much in request.

This branch of work is *entirely* supported by the annual subscriptions of members of the Society. An *earnest* appeal is therefore made FOR MORE ANNUAL SUBSCRIBERS.

MEMBERSHIP.—*Members of the Society are entitled to a ticket for all lectures given under its auspices, to a copy of its publications, and to the loan of diagrams and apparatus for lectures. Advantages are afforded in the arrangement and organization of lectures in their respective districts.*

The Committee are glad to facilitate the action of members respecting the sanitation of their own dwelling-houses.

MEMBERSHIP is constituted by the payment of £1 1*s.* 0*d. annually, or by the single payment of* £10 10*s.*

Applications for Lectures should be made to the Secretary, 53, Berners Street, London, W.

NATIONAL HEALTH SOCIETY.

CASH STATEMENT FOR THE YEAR ENDING DECEMBER 31ST, 1891.

Dr.	£	s.	d.
To balance from last account	9	8	9
,, Subscriptions and Donations ...	605	5	1
,, Special Donation from his Grace the Duke of Westminster	100	0	0
,, Proceeds of Lectures (including Lectures given for the various County Councils)	2,608	1	7
,, Sale of Publications at Office ...	157	3	1
,, Do. by Messrs. Allman and Son	35	8	7
,, Amount received for Advertisements	39	7	0
,, Dividends:			
Canadian	3	11	6
Consols	2	15	0
	£3,561	0	7

Cr.				£	s.	d.
By Rent of Offices				150	0	0
,, Secretary's Salary				150	0	0
,, Assistant Secretaries' Salaries ...				168	13	0
,, Commission to Secretary				70	8	4
,, Office Expenses, including Coal, Lighting and Attendance ...				154	15	8
,, Printing and Publishing				316	9	11
,, Stationery				32	12	0
,, Postage and Telegrams				70	7	4
,, Expenses of Lectures, including Free Lectures				2,255	9	1
,, Books				55	9	11
,, Travelling and Carriage of Parcels ..				25	6	0
,, Advertisements				18	13	7
,, Donation to Royal Present ...				10	0	0
,, Balance in Hands:						
Of Treasurer ...	67	9	5			
,, Secretary ...	15	6	4	82	15	9
				£3,561	0	7

CAPITAL ACCOUNT.

	£	s.	d.
Investments:			
New Consols	100	0	0
Canadian Bonds	100	0	0
	£200	0	0

HENRY WALDEMAR LAWRENCE,
Hon. Treasurer.

Examined and found correct,
FREDERICK POPE,
February 13, 1892. *Hon. Auditor.*

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Cecil, Lady Florence ...	2	2	0
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Elliman, Mrs. James ...	2	1	0
Grosvenor House, Collection at...	5	17	6
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Hargrove, Sydney, Esq.	2	2	0
Hart, Ernest, Esq. ...	5	5	0
Holland, Mrs. Charles ...	10	0	0
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Hygiene and Demography, Congress of ..	2	7	7
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Louise, H.R.H. Princess	2	2	0
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Martineau, Miss C. A.	0	10	6
Martineau, Miss Gertrude	0	10	6
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Roget, Miss	2	2	0
Ralli, Mrs. Lucas ...	5	5	0
Rawlinson, Sir Robert ...	10	0	0
Saunders, Sir Edwin ...	8	8	0
Smith, James, Esq. ...	2	2	0
Selkirk, The Countess of	2	2	0
Westminster, The Duke of	120	0	0
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Wills, Mrs. Fred ...	3	3	0
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Women's Co-operative Society, Exeter ...	0	10	6